

We claim:

1. A method for decreasing ghrelin levels in a person or other mammal in need thereof comprising:
administering to a person or other mammal a composition comprised of hydroxycitric acid in an amount sufficient to decrease ghrelin levels in the person or other mammal.
2. A method as defined in claim 1, wherein the hydroxycitric acid is bound to a group IA or group IIA metal to form a single salt.
3. A method as defined in claim 2, wherein the single salt is formed by combining hydroxycitric acid with Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.
4. A method as defined in claim 1, wherein the hydroxycitric acid is bound to group IA or group IIA metals to form a double salt.
5. A method as defined in claim 4, wherein the double salt is formed by combining hydroxycitric acid with one or more of the following metals: Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.
6. A method as defined in claim 1, wherein the hydroxycitric acid is bound to a group IA or group IIA metal to form a triple salt.
7. A method as defined in claim 6, wherein the triple salt is formed by combining hydroxycitric acid with one or more of the following metals: Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.
8. A method as defined in claim 1, wherein the hydroxycitric acid is bound to calcium and potassium.
9. A method as defined in claim 1, wherein the hydroxycitric acid is derived from a plant of the genus *Garcinia*.
10. A method as defined in claim 1, wherein the hydroxycitric acid is derived from the plant *Garcinia cambogia*.

11. A method as defined in claim 1, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

12. A method as defined in claim 2, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

13. A method as defined in claims 4, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

14. A method as defined in claims 6, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

15. A method as defined in claims 8, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

16. A method as defined in claims 9, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

17. A method as defined in claims 10, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

18. A method as defined in claims 1, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

19. A method as defined in claims 2, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

20. A method as defined in claims 4, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily

21. A method as defined in claims 6, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily

22. A method as defined in claims 7, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

23. A method as defined in claims 8, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

24. A method as defined in claims 9, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

25. A method as defined in claim 1, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

26. A method as defined in claim 2, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

27. A method as defined in claim 4, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

28. A method as defined in claim 6, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

29. A method as defined in claim 7, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

30. A method as defined in claim 8, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

31. A method as defined in claim 9, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

32. A method as defined in claim 10, wherein the hydroxycitric acid administered is administered in three substantially equally divided doses three times a day, approximately 30 to 60 minutes before the person or other mammal consumes a meal.

33. A method as defined in claim 11, wherein the hydroxycitric acid administered is administered in three substantially equally divided doses three times a day, approximately 30 to 60 minutes before the person or other mammal consumes a meal.

34. A method as defined in claim 25, wherein the hydroxycitric acid administered is administered in three substantially equally divided doses three times a day, approximately 30 to 60 minutes before the person or other mammal consumes a meal.

35. A method as defined in claim 34, wherein the hydroxycitric acid is bound to calcium and potassium.

36. A method as defined in claim 1, wherein the composition further comprises one or more of the following: gymnemic acid, green tea extract, and chromium.

37. A method as defined in claim 36, wherein, if the composition comprises chromium, the chromium administered is niacin-bound chromium.

38. A method as defined in claim 36, wherein, if the composition comprises gymnemic acid, the gymnemic acid administered is derived from a plant of the genus *Gymnema*.

39. A method as defined in claim 36, wherein, if the composition comprises gymnemic acid, the gymnemic acid administered is derived from *Gymnema sylvestre*.

40. A method as defined in claim 36, wherein, if the composition comprises green tea extract, the green tree extract administered comprises one or more of the following: epigallocatechin gallate, caffeine and theanine.

41. A method as defined in claim 36, wherein, if the composition comprises gymnemic acid, the gymnemic acid administered is approximately 10 milligrams to approximately 1,000 milligrams daily, if the composition comprises green tea extract, the green tea extract administered is approximately 20 milligrams to 2000 milligrams daily and, if the composition comprises chromium, the chromium administered is approximately 10 micrograms to approximately 1,000 micrograms daily.

42. A method as defined in claim 11, wherein composition further comprises one or more of the following: approximately 400 micrograms of chromium, approximately 100 milligrams of gymnemic acid and approximately 400 milligrams of epigallocatechin gallate.

43. A method of reducing and maintaining body weight in a person or other mammal in need thereof by decreasing ghrelin levels in the person or other mammal comprising:

administering to a person or other mammal in need of reducing or maintaining body weight a composition comprised of hydroxycitric acid in an amount sufficient to decrease ghrelin levels in the person or other mammal.

44. A method as defined in claim 43, wherein the hydroxycitric acid is bound to a group IA or group IIA metal to form a single salt.

45. A method as defined in claim 44, wherein the single salt is formed by combining hydroxycitric acid with Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.

46. A method as defined in claim 43, wherein the hydroxycitric acid is bound to group IA or group IIA metals to form a double salt.

47. A method as defined in claim 46, wherein the double salt is formed by combining hydroxycitric acid with one or more of the following metals: Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.

48. A method as defined in claim 43, wherein the hydroxycitric acid is bound to a group IA or group IIA metal to form a triple salt.

49. A method as defined in claim 48, wherein the double salt is formed by combining hydroxycitric acid with one or more of the following metals: Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.

50. A method as defined in claim 43, wherein the hydroxycitric acid is bound to calcium and potassium.

51. A method as defined in claim 43, wherein the hydroxycitric acid is derived from a plant of the genus *Garcinia*.

52. A method as defined in claim 43, wherein the hydroxycitric acid is derived from the plant *Garcinia cambogia*.

53. A method as defined in claims 43, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

54. A method as defined in claims 44, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

55. A method as defined in claims 46, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

56. A method as defined in claims 48, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

57. A method as defined in claims 50, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

58. A method as defined in claims 51, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

59. A method as defined in claims 52, wherein hydroxycitric acid administered is approximately 900 milligrams to approximately 4,500 milligrams daily.

60. A method as defined in claims 43, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

61. A method as defined in claims 44, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

62. A method as defined in claim 46, wherein the hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

63. A method as defined in claim 48, wherein the hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

64. A method as defined in claims 50, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

65. A method as defined in claims 50, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

66. A method as defined in claims 52, wherein hydroxycitric acid administered is approximately 2,000 milligrams to approximately 3,500 milligrams daily.

67. A method as defined in claim 43, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

68. A method as defined in claim 44, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

69. A method as defined in claim 46, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

70. A method as defined in claim 48, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

71. A method as defined in claim 50, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

72. A method as defined in claim 51, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

73. A method as defined in claim 52, wherein the hydroxycitric acid administered is approximately 2,700 milligrams to approximately 2,800 milligrams daily.

74. A method as defined in claim 53, wherein the hydroxycitric acid administered is administered in three substantially equally divided doses three times a day, approximately 30 to 60 minutes before the person or other mammal consumes a meal.

75. A method as defined in claim 59, wherein the hydroxycitric acid administered is administered in three substantially equally divided doses three times a day, approximately 30 to 60 minutes before the person or other mammal consumes a meal.

76. A method as defined in claim 67, wherein the hydroxycitric acid administered is administered in three substantially equally divided doses three times a day, approximately 30 to 60 minutes before the person or other mammal consumes a meal.

77. A method as defined in claim 75, wherein the hydroxycitric acid is bound to calcium and potassium.

78. A method as defined in claim 43, wherein the composition further comprises one or more of the following: gymnemic acid, green tea extract, and chromium.

79. A method as defined in claim 78, wherein, if the composition comprises chromium, the chromium administered is niacin-bound chromium.

80. A method as defined in claim 78, wherein, if the composition comprises gymnemic acid, the gymnemic acid administered is derived from a plant of the genus *Gymnema*.

81. A method as defined in claim 78, wherein, if the composition comprises gymnemic acid, the gymnemic acid administered is derived from *Gymnema sylvestre*.

82. A method as defined in claim 78, wherein, if the composition comprises green tea extract, the green tree extract administered comprises one or more of the following: epigallocatechin gallate, caffeine and theanine.

83. A method as defined in claim 78, wherein, if the composition comprises gymnemic acid, the gymnemic acid administered is approximately 10 milligrams to approximately 1,000 milligrams daily, if the composition comprises green tea extract, the green tea extract administered is approximately 20 milligrams to 2000 milligrams daily and, if the composition comprises chromium, the chromium administered is approximately 10 micrograms to approximately 1,000 micrograms daily.

84. A method as defined in claim 53, wherein the composition further comprises one or more of the following: approximately 400 micrograms of chromium, approximately 100 milligrams of gymnemic acid and approximately 400 milligrams of epigallocatechin gallate.

85. A composition for decreasing ghrelin levels in a person or other mammal comprising:
hydroxycitric acid in an amount sufficient to decrease the ghrelin levels in the person or other mammal.

86. A composition of claim 85, wherein the hydroxycitric acid is bound to a group IA or group IIA metal to form a single salt.

87. A composition of claim 86, wherein the single salt is formed by combining hydroxycitric acid with Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.

88. A composition of claim 85, wherein the hydroxycitric acid is bound to group IA or group IIA metals to form a double salt.

89. A composition of claim 88, wherein the double salt is formed by combining hydroxycitric acid with one or more of the following metals: Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.

90. A composition of claim 85, wherein the hydroxycitric acid is bound to a group IA or group IIA metal to form a triple salt.

91. A composition of claim 90, wherein the triple salt is formed by combining hydroxycitric acid with one or more of the following metals: Li, Na, K, Cs, Fr, Be, Mg, Ca, Sr, Ba, or Ra.

92. A composition of claim 85, wherein the hydroxycitric acid is bound to calcium and potassium.

93. A composition of claim 85, wherein the hydroxycitric acid is derived from a plant of the genus *Garcinia*.

94. A composition of claim 85, wherein the hydroxycitric acid is derived from the plant *Garcinia cambogia*.

95. A composition of claim 85, wherein the amount of hydroxycitric acid sufficient to decrease the ghrelin levels is approximately 900 milligrams to approximately 4,500 milligrams.

96. A composition of claim 85, wherein the amount of hydroxycitric acid sufficient to decrease the ghrelin levels is approximately 2,000 milligrams to approximately 3,500 milligrams.

97. A composition of claim 85, wherein the amount of hydroxycitric acid sufficient to decrease the ghrelin levels is approximately 2,700 milligrams to approximately 2,800 milligrams.

98. A composition of claim 85, wherein the composition further comprises one or more of the following: gymnemic acid, green tea extract and chromium.

99. A composition of claim 98, wherein, if the composition comprises chromium, the chromium is niacin-bound chromium.

100. A composition of claim 98, wherein, if the composition comprises gymnemic acid, the gymnemic acid is derived from a plant of the genus *Gymnema*.

101. A composition of claim 98, wherein, if the composition comprises gymnemic acid, the gymnemic acid is derived from *Gymnema sylvestre*.

102. A composition of claim 98, wherein, if the composition comprises green tea extract, the green tree extract comprises one or more of the following: epigallocatechin gallate, caffeine and theanine.

103. A composition of claim 98, wherein, if the composition comprises gymnemic acid, it comprises approximately 10 milligrams to approximately 1,000 milligrams of gymnemic acid, if the composition comprises green tea extract, it comprises approximately 20 milligrams to 2000 milligrams of green tea extract and, if the composition comprises chromium, it comprises approximately 10 micrograms to approximately 1,000 micrograms of chromium.

104. A composition of claim 98, wherein composition further comprises one or more of the following: approximately 400 micrograms of chromium, approximately 100 milligrams of gymnemic acid and approximately 400 milligrams of epigallocatechin gallate.